

Watch your caffeine

Run time - :47

ANCHOR LEDE: Senator Chuck Schumer is asking the FDA to look into PRIME Energy drinks, a product of entertainers Logan Paul and KSI. The senator claims the drinks are high in caffeine and are marketed to children, possibly leading to dangerous health outcomes. The people behind PRIME have defended the product. Tim Ditman of OSF HealthCare has more.

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OSF cardiologist Doctor Michael Broman says taking in too much caffeine could lead to your heart racing, nausea, vomiting, diarrhea, chest pain and high blood pressure. You may also feel hyper.

**\*\*\*SOUNDBITE\*\*\***

**Dr. Michael Broman (BRO-men), OSF HealthCare cardiologist**

**"Caffeine also causes dependence. As a person uses more and more over time, they start to miss it when they don't have it. They can withdraw from caffeine. That's one of the most worrisome side effects, especially in kids. If a child is using a lot of caffeine and they stop, they can have attention problems and headaches. It can affect their performance in school and athletics." (:31)**

I'm Tim Ditman.

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Here's the formula to remember: Dr. Broman says for kids, limit daily caffeine consumption to 2.5 milligrams per kilogram of body weight. And make those drinks a treat, not a regular thing.